

# Pullen Aquatic Center – Teaching Pool Information – June 1-August 7, 2011

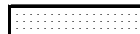


The warm water teaching pool is used for therapy, swimming lessons, recreational swimming, and other scheduled classes.

- 1) For **safety**, recreational swimming is limited to non-swimmers under 4'6" tall and their guardian. Lap swimming and intense aerobic exercise are not allowed in the teaching pool.
- 2) For **safety**, please limit jumping into the pool to areas where the water is at least 2 feet deep or greater. Do not jump from or over the steps. Please stay off of the divider wall.
- 3) During the **Individual Therapy** times therapy users will be given priority use of the 4 ft. side of the teaching pool. Individual Therapy times are indicated by gray shading.
- 4) During **Recreation Swim** all swimmers are allowed full use of the Teaching Pool – space will not be reserved for individual therapy during this time. Recreational swimming times are indicated in white (no shading).
- 5) During **Scheduled Classes** the 4 ft. side of the pool will be reserved to conduct these classes and not be available for individual therapy. Scheduled Classes are indicated by the dotted shading and the name of the class being held.
- 6) The teaching pool is **Not Available** to the general public during swim lessons. This is indicated by the black shading.

## Pullen Teach Pool Availability

June-August 7, 2011

Time	Saturday		Sunday		Monday		Tuesday		Wednesday		Thursday		Friday	
	Ramp Side	4ft Side	Ramp Side	4ft Side	Ramp Side	4ft Side	Ramp Side	4ft Side	Ramp Side	4ft Side	Ramp Side	4ft Side	Ramp Side	4ft Side
5:30-6am														
6-6:30am														
6:30-7am														
7-7:30am														
7:30-8am														
8-8:30am														
8:30-9am														
9-9:30am														
9:30-10am														
10-10:30am														
10:30-11am						10:30-11:30 Arthritis Class		10:30-11:30 Mobility Class		10:30-11:30 Arthritis Class		10:30-11:30 Mobility Class		10:30-11:30 Arthritis Class
11-11:30am														
11:30-12pm														
12-12:30pm														
12:30-1pm														
1-1:30pm														
1:30-2pm														
2-2:30pm														
2:30-3pm														
3-3:30pm														
3:30-4pm														
4-4:30pm														
4:30-5pm														
5-5:30pm														
5:30-6pm														
6-6:30pm														
6:30-7pm														
7-7:30pm														
7:30-8pm														

 = Not Available
  = Available for individual therapy
  = Available for anybody to swim (\*Recreational swim)

\*Lane availability for recreational swim is subject to change due to patron attendance.

**Pullen Aquatic Center will be closed for Annual Maintenance August 8-14, 2011**

**Please understand that this schedule is subject to change without notice in order to maintain safety and meet the programing needs of the facility.**

**Thank you for your cooperation in making this pool available to all!**